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DAVID LIPNOWSKI/FOR METRO

Local artist tapped as one of five Canadian women who should be household names by the Canadian Museum for Human Rights.

Layoffs rest with police, not council

BUDGET CUTS

Mayor wipes hands clean of board decisions

Braeden Jones
Metro | Winnipeg

It seems Winnipeg's mayor does not want to bear the blame for any potential police layoffs, which police board director Don Norquay says are "inevitable."

At the executive policy committee Tuesday, Brian Bowman pointed out that the public and media do not understand the fact that city council isn't holding the scissors for any cuts that come down through the city's police force.

"Quite often it's not fully appreciated by the public or reported as such that city council has no say in how the allocation (for police services) is spent," he said.

The issue arose after the police board informed council of a $2.45-million shortfall that, if not met by an increase in the budget allocation from council, could result in as many as 80 layoffs between lost junior officers and cadets.

Bowman was firm in his belief that the proposed $280-million police budget — which he says has increased by 80 per cent over the past decade — is "unsustainable."

He was also adamant that money allocated for police in 2016 marks a 6.32 per cent increase and should be sufficient.

"It is up to the police board how that allocation, in this case an increase of ($16.7) million, can best be spent."

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Your essential daily news

Mother Teresa to be made a saint on Sept. 4, pope says.

Siloam Mission shelter revises expansion plans

HOMELESSNESS

Director seeks $3M from city, puts long-term project on hold

Braeden Jones
Metro | Winnipeg

Siloam Mission says between 10 and 35 people are turned away from the shelter every night, highlighting the demand and need for some expansion. CONTRIBUTED

One of Winnipeg's largest shelters has minimized its ambitious expansion plan, and is looking for the city's help in seeing the smaller vision take shape.

In 2014, Siloam Mission planned to add 160 new housing units to its inventory. At Tuesday's executive policy committee meeting, representatives from the shelter explained that plan is now on hold.

"(Instead) we are looking at doing 60 units in the top two floors of our current building at 300 Princess St.," said Floyd Perras, the mission's director of strategic initiatives.

He said the money for 160 units wasn't there from the province, but 60 is more doable.

The 160 units would have been newly constructed at a cost of $30.5 million — the amended plan will cost half that, around $15 million.

The expansion will also include 400 new dining room seats (150 to 300 people wait outside the shelter for every meal), an updated kitchen, and 36 shelter beds — including a separated women's shelter of 20 beds.

Siloam asked the city to fund part of the plan to the tune of $3 million over the next five years: $300,000 for this year, $900,000 next year, and the last three years is $600,000 each.

The shelter is making the same request of both the federal and provincial governments as well, and has already fundraised the remaining $6 million independently.

Perras said the 160 unit plan was "just too large of a project" for now, but the land is still free for that expansion to take place eventually — he said likely when the province is able to contribute a greater amount.

For now, he's confident the smaller funding request will be something each level of government will have an easier time getting on board with, the city included.

"Nothing's a sure thing.... But the city's been really supportive over the years and this is something that makes a significant difference for a lot of people," Perras said.

He explained how 70 per cent of Siloam Mission's user group is Indigenous, making the financial support fit in with Winnipeg's year of reconciliation.

"I can't think of a better way to provide dignity and respect than helping people not stand on the streets for meals, and be able to get into a shelter," he said — noting there are as many as 35 people "every night that don't get into shelter."

If funded, work will begin in fall 2016 and continue in phases until summer 2019.

POLICE

Suspects sought in robberies

Winnipeg police are investigating after a house was robbed, and a man says he was mugged at a bus stop.

Police said officers responded to a report of a residential robbery in the 400 block of Horace Street last Saturday around 10:30 p.m.

According to a release issued Tuesday, officers met with a 90-year-old man who said a stranger came to the door around 10 p.m., requesting to use a phone in order to deal with car trouble.

Police said the alleged victim reported he had opened a side window to speak with the unknown man, who after being passed a cordless phone, climbed into the home, threatened him and left with cash.

The suspect is described as a white man, 30-35 years old, with a medium build and short hair.

Police said at the time of the incident, the suspect was said to have been wearing a baseball hat with "Canada" on the front and a ripped dark blue T-shirt.

The second robbery happened Monday to a 28-year-old man who was waiting for a bus at Cathedral Avenue and Main Street.

The suspect is said to have grabbed his sweater, flashed a handgun and demanded he hand over his belongings.

Police said the victim surrendered his bus pass and some cash, before the suspect ran away.

At the time of the incident, the suspect was said to have been wearing a black hoodie with a red bandana covering his face, black coloured pants and black gloves and is described as 5'11."

METRO

Jennifer Feschuk, composting coordinator with the Green Action Centre in Winnipeg stands next to the organization's compost bin. MEG CRANE/FOR METRO

NORTH END

Petition calls for off-leash dog park

Friends of a North End Dog Park, a group that supports the creation of an official dog park in the neighbourhood, is circulating a petition.

"The petitioners call upon the City of Winnipeg to designate a parcel of unused green space in the Old Exhibition Grounds near Dufferin and Sinclair as a municipal off-leash area," the petition reads."I live in the North End and there's no off-leash fenced in parks," said Nicole, who created the petition, but didn't want her last name used.

The petition has so far garnered more than 150 signatures, she says, explaining the plan is to call on the local community committee to take action once it reaches 1,000 names.

Nicole said many people in the North End do not have vehicle access, and cannot drive to dog parks in other areas of the city where their dogs can exercise and be socialized. Instead, she says many people in her area use outdoor skating rinks, but there isn't enough space in these rinks for all the people who want to take their dogs out.

> **It would be great not only for the dogs but also the people.**
> Nicole

"It would be great not only for the dogs but also the people. It would stimulate social interactions. And dogs are always a great icebreaker," said Nicole.

She thinks a dog park would foster friendships and strengthen the community, and Aboriginal Youth Opportunities founder Michael Champagne was excited to hear about the initiative.

"It would encourage people to be outside more, get to know their neighbours more and would encourage healthy lifestyles," Champagne said Tuesday.

MEG CRANE/FOR METRO

Group pushes for green bins

CURBSIDE ORGANICS

Issue to go before city council again next week

Meg Crane
For Metro | Winnipeg

The debate surrounding Winnipeg's composting plan continued this week with the Green Action Centre wading into the mess.

The centre is asking those who believe the city should introduce a citywide green bin collection program to sign a petition, before the issue heads back to council floor next week.

So far, the organization has collected more than 500 signatures.

"The proposed plan is, unfortunately, a little bit flawed," Jennifer Feschuk, the organization's composting program coordinator, said Tuesday.

Last month, the city said it was considering implementing a curbside organics pickup program, which would charge homeowners a flat fee between $55-$100.

Feschuk said the main issue with the proposal is the flat fee structure, because it may not be affordable for everyone.

As an alternative, she and the Green Action Network suggest the fee either be integrated into property taxes, or introduced on a pay-as-you-throw basis.

The latter option would be "rewarding people for good behaviour and making people pay for polluting behaviour," Feschuk said.

While she understands that some people may have difficulty paying, she believes some may simply not want to pay.

"One of the flaws is that it's framed as an individual service," said Feschuk, adding it's really an action to reduce Winnipeg's overall eco-footprint.

> **This program needs to happen. Like, yesterday.**
> Jennifer Feschuk

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Heat Recovery Ventilation – comfort for your home

The Manitoba Building Code requires all new homes to have a heat recovery ventilator (HRV) installed. This mechanical ventilation system brings in outside fresh air, which is preheated by inside stale air that is exhausted outside.

The HRV lets you control air quality in your home. In winter, excess moisture and odours are exhausted out through the kitchen and bathroom fans when the HRV is on. Fresh air is brought in through the furnace ducting and distributed throughout the home by the furnace fan, which automatically operates whenever the HRV is on.

It's important to know how to operate your HRV's automatic and manual controls to avoid humidity issues in your home. Many HRV controllers also have a dehumidistat switch, so always check the operating instructions to learn how to use both functions.

Here are some things to consider when using an HRV.

- If the unit is set to run continuously, you could be drying out your house more than you want, particularly in cold weather.
- Be careful not to over-ventilate as that could result in increased heating/cooling costs, and uncomfortably low humidity.
- During the winter, set the dehumidistat just low enough to prevent condensation on the windows.
- During the spring/summer, running the HRV continuously or too often may contribute to hot, humid air in the home and the air conditioning will run more frequently.
- Shutting off or unplugging your HRV permanently is not a solution. This can result in high humidity levels which can lead to mould and mildew growth and unhealthy living conditions.

All of the above recommendations can be managed with an HRV auto controller which will help you keep your home comfortable, at the correct moisture levels and help you save on your energy bill. Lastly, check your maintenance manual for important information on how to maintain your unit for maximum efficiency.

If your home does not have an HRV, check with a reputable ventilation contractor to ask about installing an HRV in your existing home, or upgrading your controls. The purchase and installation of an HRV is eligible for financing under Manitoba Hydro's Power Smart* Residential Loan.

For more information visit **hydro.mb.ca/heating**

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CMHR recognizes Winnipeg artist

ART

Museum lists Jamie Black as need-to-know

Meg Crane
For Metro | Winnipeg

Winnipeg artist Jaime Black has made the Canadian Museum of Human Rights's (CMHR) list of five women they believe should be household names in Canada.

With other women such as famous Manitoba suffragette Nellie McClung and Viola Desmond, an African Nova Scotian businesswoman who stood up to racial segregation, Black is in good company.

"It was pretty exciting to be on a list with Nellie McClung and some really amazing women," Black said Tuesday.

Others on the list include Marina Nemat, an Iranian author who was imprisoned as a teen for speaking out about her government, and Huberte Gautreau, an Acadian Francophone who has travelled the world, fighting for the rights of women.

Jamie Black launched The REDress Project to bring awareness of murdered and missing Indigenous women in Canada. PHOTOS CONTRIBUTED AND DAVID LIPNOWSKI/FOR METRO

Black says she discovered her name was top of the list when a friend emailed her a link to the museum's site.

Black is the artist behind The REDress Project, an installation of red dresses that focuses on missing and murdered indigenous women in Canada.

The project, currently on display at the museum, has seen dresses hung in spaces across the country over the past six years.

"I've been getting a lot of recognition from communities and media over the last six years doing this work," Black said, but added she never expected anything of this magnitude.

"I'm just really honoured to be recognized in this way because the women on this list have done such important work and often for many, many decades and their entire lifetimes," she said.

She believes to be on the list only six years after starting her project says a lot to her about the impact it has made.

"That's definitely, probably the pinnacle of where this project was taking me," said Black.

Her latest project is a photography exhibition at Actual Gallery, which opens April 1.

"It's kind of in contrast to REDress Project, thinking about where indigenous women are strong. And, for me, that's on the land," said Black. "I feel like that connection is what keeps me grounded and keeps me feeling positive in the work that I'm doing."

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Cadet program in doubt

POLICING

Without more recruits, police fear uptick in crime

Braeden Jones
Metro | Winnipeg

The police service's cadet program might be on the chopping block in this year's civic budget, which could undo progress and successes Police Chief Devon Clunis says he is retiring on.

Clunis was recently adamant in telling reporters that without a change in the city's budget allocation for police services, "it would mean a reduction in complement."

And when asked if that would include a complete elimination of the cadet program, he said "absolutely, that's a fact," and added that it would undo his work as chief.

"What you would notice is us going back to being a reactionary police service," he told media last Friday. "Everything I've been driving up for the past 3.5 years is about the proactive prevention piece of policing, which is ultimately the long-term cure."

The question of potential layoffs arose after the police board said it would have to eliminate 80 junior officers and cadet positions in order to close a $2.45 million gap in its proposed $280 million budget.

Mayor Brian Bowman, however, refutes the need to cut staff, and says a $16.7 million increase in this year's budget should more than enough cover labour requirements.

A service review of the cadet program's efficacy in that task revealed that — in a two-week time span — the installation of cadets around the MTS Centre area resulted in a 28 per cent crime reduction.

A police staff Sgt. says Winnipeg's cadet program is invaluable to the city's approaching to policing and community building. METRO FILE

> **What you would notice is us going back to being a reactionary police service.**
> Police Chief Devon Clunis

But cadets do a lot more than that, Tighe said.

"The biggest value is replacing police officers at lower priority calls… guarding crime scenes, mental health patients at the hospital, they look after traffic control … and they look after attention of intoxicated people," he said. "(These calls) tie up a lot of time … it allows police officers to respond to high priority calls, as opposed to having to sit at a hospital for eight hours or conducting traffic duty."

Besides freeing up police to take higher priority calls, cadets also assist fire and paramedic services with intoxicated calls and can respond to those faster than police — freeing up critical first response services.

IN BRIEF

Police's anti-sex-trade program showing results

Winnipeg police are revealing some statistics to demonstrate the success of one of its newer programs, aimed at combating sex trade on the city's streets.

Called Project CREATE, the police say the program was initiated by chief Devon Clunis in 2013, and an operation recently ran from March 7-11.

Police said ten men ranging between 21-57 years old were arrested for obtaining sexual services for consideration. Eight vehicles were also seized under the Highway Traffic Act.

Five men were also warned for frequenting areas of the city that are known for sexual exploitation.

Police say that officers interviewed 22 women believed to be involved in the sex trade, and it was found almost no degree of sexual exploitation was happening.

METRO

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Rare bird named for Manitoba senior

THORNHILL DISCOVERY

Fossil called 'Hesperornis Lumgairi,' for David Lumgair

An ancient bird discovered and dug up in Thornhill, Man., has been named after the 82-year-old resident whose property it was found on.

On March 10, Japanese paleontologists Kei-ichi Aotsuka and Tamaki Sato published a paper in the scientific journal Cretaceous Research to announce the newly discovered species is now named "Hesperornis Lumgairi," after Thornhill resident David Lumgair.

The fossil will be displayed at the Canadian Fossil Discovery Centre's collection in Morden, Man.

> **To have discovered and been able to name a new species was a great honour.** Kei-ichi Aotsuka and Tamaki Sato

"To have discovered and been able to name a new species was a great honour," said Aotsuka and Sato in a prepared statement.

"We thank Mr. Lumgair, CFDC, and all those who supported our research."

The Hesperornis Lumgairi was a diving marine bird that fed primarily on fish, and was otherwise prey to marine predators like the mosasaur—the largest of which is also housed at the CFDC.

METRO

Hesperornis, as seen at the Canadian Fossil Discovery Centre. CONTRIBUTED

Kim Ewchuk, left, and Melissa Couture MEG CRANE/ FOR METRO

REAL ESTATE

Buy home online and save, ComFree says

A new online home-buying site has launched a new service they say saves Winnipeggers money.

"It is something that is not only a service for people to be able to go forward and buy their home with ComFree Commensense Network, but provides them the opportunity to get paid back potentially thousands of dollars when they purchase a home," said Kim Ewchuk, a licensed sales representative and general manager for ComFree at an event Tuesday.

Like other realtors, they take clients around to show them houses that fit their criteria.

Regardless of the cost of the home its clients purchase, ComFree charges a flat rate.

"For example, on a $350,000 home, if the commission being offered to the buyer's broker is 2.5 per cent, that would be an $8,750 fee that would be payable back to the buyer's broker. In this case, ComFree Commensense Network can keep a low, flat fee of $4,500 and the balance would be returned to the client in the form of a cheque," Ewchuk said.

Melissa Couture and her partner were one of the first in the city to use new service and say the $3,000 she saved to buy appliances for her new home.

"It worked great for us," said Couture.

METRO

IN BRIEF

Leaders talk city's core

Downtown issues will take centre stage at the Winnipeg Art Gallery Monday from 5-7 p.m., for a discussion between Manitoba premier hopefuls.

Downtown BIZ says Manitoba Liberal party leader Rana Bokhari, NDP leader Greg Selinger and PC MLA Heather Stefanson on behalf of the provincial Tories will participate in a forum about the future of the city's downtown.

Issues to be discussed include housing, tax-increment financing for planning downtown districts, crumbling infrastructure and transit.

Metro columnist Shannon VanRoes will host the discussion. Metro is one of the event sponsors.

Residents are invited to tweet questions online to @metrowinnipeg or @downtownwpgbiz. METRO

HEALTH

Court OKs right to die

A Manitoba patient has been granted the right to die with the help of a doctor.

Chief Justice Glenn Joyal made the ruling after a hearing.

Joyal also granted a request that the patient — and any health-care professionals involved — not be identified.

Lawyer John Myers, who represented the patient, choked up as he told the court his client wants to be left in peace to die at home with dignity. Court heard the patient has been given less than a month to live and is suffering.

The patient's application was unopposed.

The Supreme Court has ruled that anyone who wants an assisted death before the federal government enacts a new law can apply to a judge.

Myers argued the patient meets the definition of a vulnerable person.

Allison Fenske with Legal Aid Manitoba told court the patient qualified for an exemption under the Supreme Court's ruling.

THE CANADIAN PRESS

NDP Premier Greg Selinger and Fort Rouge candidate Wab Kinew appear at a recent pre-campaign event, less than a week before the Manitoba election will officially be called.

THE CANADIAN PRESS

Legislature ends on campaign note

POLITICS

Sources expect election to be called Wednesday

Campaign themes were trotted out Tuesday as Manitoba politicians wrapped up the last legislature session before the April 19 provincial election.

Opposition Leader Brian Pallister accused the NDP government of planning another provincial sales tax increase if re-elected.

"We know that (Premier Greg Selinger) is planning to raise the PST again. Is he planning to raise it to 10 or 11 (per cent)?" Pallister said in the final pre-election question period.

Selinger said a Tory government would cut government services and hurt the economy. He also alluded to his campaign goals.

"We will put forward a positive vision for Manitoba, where everybody will have a sense of belonging in terms of their human rights, in terms of their identity, and we will do it by building Manitoba as a place where all can live and work together."

Under provincial law, Selinger has until Tuesday of next week to officially launch the election campaign. But an NDP source, speaking on condition of anonymity, said the kickoff would be Wednesday.

The NDP has already dropped several hints — most notably a party rally featuring the premier scheduled for Wednesday afternoon and promoted on social media with the hashtag #mbelxn.

> **We will put forward a positive vision ... where everybody will have a sense of belonging ...**
> Premier Greg Selinger

The NDP has been trailing in opinion polls since it raised the sales tax in 2013. The move broke a campaign promise and required the government to sidestep a section of the province's balanced budget law that requires a referendum on major tax increases.

The Manitoba Liberals, who have one legislature seat, are hoping for a breakthrough April 19 and are buoyed by opinion polls that suggest their support has risen sharply.

The Liberals have a lower profile and have raised much less money then the Tories or NDP, but leader Rana Bokhari said Tuesday the party is in fighting form for the campaign trail.

"We've committed to TV advertising. We've got radio ads going right now," she said.

The Liberals still have a few candidates to nominate, but expect to have a full slate within a week, she added.

THE CANADIAN PRESS

Life support after oral surgery

EMERGENCY

Complications led man, 23, to lose one-third of his skull

The mother of a 23-year-old Winnipeg man says he's on life support after complications from having a wisdom tooth removed.

Angela Steele says Mason Woods had a wisdom tooth extracted on Feb. 27 and he was pleased that surgery went well.

Steele says Woods went back to the doctor on March 4 because the swelling hadn't gone down and he was out of pain medication.

She says the doctor asked her son if he'd been taking antibiotics, but adds Woods wasn't given a prescription for antibiotics, only for pain medication.

Steele says he was put on antibiotics, had a "cleanup" procedure and another oral surgery to remove the infection, and then had to have part of his skull removed to reduce swelling.

A generic x-ray shows an image of unremoved wisdom teeth. COLORBOX

The Winnipeg Regional Health Authority says it won't discuss details of the case publicly but says it's doing everything it can to help the patient.

"I am not aware of what went wrong, but something went wrong that a kid had one tooth out two weeks ago, and today he's on life support fighting for his life, and a third of his skull has been removed," Steele said.

Steele says doctors told her Woods will have to have several more surgeries.

"We are devastated to hear about the experience of this patient and his family," the authority said in a statement.

> **"We are devastated to hear about the experience of this patient.**
>
> Regional health authority

"All surgeries, including dental surgeries, do carry a small risk of infection and it seems that in this case, the infection had progressed to become quite severe.

"We are doing everything we can to provide this patient with the care he needs in hospital right now."

For now, Steele said she and her family are focused on getting Woods healthy.

"I just want my son to live."

Steele wants people to know they need to be more diligent after having surgery.

"If something doesn't feel 100 per cent right, they need to jump up and down, you know, and make sure that they're being heard and seen. Not just trying to suck it up because it's a wisdom tooth and it's a little swollen and it'll be OK."

THE CANADIAN PRESS/CTV WINNIPEG

Springbreak at Elkhorn Resort

It's going to be a fun filled week of activities and entertainment at the Elkhorn Resort Spa & Conference Centre! Karlheinz the Bubbleman promises a show *(March 26)* of smoke bubbles, square bubbles and even KIDS in bubbles! Then Master Illusionist Greg Wood comes in for a show *(April 2)* featuring our young guests! Be prepared to be amazed as kids come up and put on a magical performance. There will also be daily craft sessions, guided horse rides, bonfires and other activities to enjoy with the whole family, so call and book your stay today!

Full schedule of activities available on www.elkhornresort.mb.ca

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Blame the owner, not the pup: Poll

Thandi Fletcher
Metro | Vancouver

The majority of Canadians believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog, results of a new survey show.

The survey from the Angus Reid Institute finds that 58 per cent of people believe dog attacks are isolated incidents to be blamed on human influence, while 42 per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive.

"What you see is an appetite to keep so-called bad owners on a short leash — as opposed to banning dogs," said Shachi Kurl, of the Angus Reid Institute.

Canadians were generationally divided on the issue, the survey found, with older people more likely to blame breeds.

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The self-commissioned survey has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20.

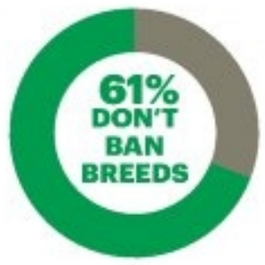
1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18-34 and weaker among those aged 55 and older.

2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.

3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).

4 Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.

5 Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).



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Fighter loses lifelong bout with depression

NOVA SCOTIA

Sought help, but wait list for psychiatrist too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been fighting depression since he was 12 years old. But he seemed to handle it well.

Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say, 'See you in two months,'" said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

COMMUNITY

Tapping greatness

Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

The Layton boys Francis and Yannick were excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

Their neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn.

There are eight taps altogether, four on each 36-inch-diameter tree.

Hempel thinks he'll get five litres of maple syrup from them this season.

He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas.

IN BRIEF

Stabbing suspect charged
A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a Toronto military recruitment centre a day earlier. Ayanle Hassan Ali, 27 has been charged with nine counts: three attempted murder, two aggravated assault, three assault with a weapon and possession of a dangerous weapon. THE CANADIAN PRESS

Canada wants UN Security Council seat back
Prime Minister Justin Trudeau plans to seek a seat for Canada on the UN Security Council. Canada lost its last bid after a string of six terms. THE CANADIAN PRESS

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Trump, Clinton pad leads

PRESIDENTIAL RACE

Both score big Florida wins; Marco Rubio drops out

Donald Trump scored a decisive win Tuesday in Florida, but lost Ohio to the state's governor, John Kasich, as the billionaire's rivals desperately tried to stop his march to the party's presidential nomination. Hillary Clinton padded her lead over Bernie Sanders with victories in Florida, Ohio and North Carolina.

Marco Rubio, the Florida senator who staked his once-promising campaign on winning in his home state, dropped out of the presidential race shortly after the polls closed. That leaves Kasich as the last true establishment candidate running against Trump and arch-conservative Texas Sen. Ted Cruz.

Trump looked for wins in Tuesday's five primaries to help build an insurmountable lead in the all-important delegate count. Florida was the biggest prize — the first winner-take-all contest decided — with all 99 delegates going to Trump.

The brash and controversial reality TV star has upended the political establishment by winning most of the state-by-state competitions for delegates who will choose the Republican nominee. He has seized on Americans' anger with Washington politicians, winning over voters with his simply worded promise to make America great again.

Kasich's win, capturing all of Ohio's 66 delegates, was crucial to slowing Trump's momentum. While Trump has amassed the most delegates going into Tuesday, he's won fewer than 50 per cent of them. If that pace continues, he would fall short of the majority that he would need to assure him the nomination at the party's convention in July. The result could be a contested convention, creating an unpredictable outcome.

In the Democratic race, Clinton's victories in Florida and North Carolina were expected, but Sanders, a Vermont senator and self-described democratic socialist, had hopes of taking the industrial state of Ohio. He is unlikely to overtake Clinton in the delegate count, but his victory last week in Michigan has underscored the unease that many party voters have about her candidacy.

At her victory rally in West Palm Beach, Florida, Clinton declared her eagerness to move on to a possible general election showdown with Trump.

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

+ DELEGATES

As of press time, Trump had 568 delegates. Cruz had 370, Kasich 129 and Rubio left the race with 163. It takes 1,237 delegates to win the Republican nomination for president.

OBAMA ADMINISTRATION

New rules reinforce U.S.-Cuba relations

Barack Obama GETTY IMAGES

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on U.S. tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to one day play Major League Baseball and other U.S. professional sports.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

THE ASSOCIATED PRESS

Migrant crisis: Cyprus poses threat to EU-Turkey deal

European Union leaders seek a mutually binding deal with Turkey to stem the flow of migrants by sea to Greece. But several nations stand in the way of such a pact — and tiny Cyprus could pose the greatest diplomatic challenge of all.

Leaders of the EU's 28 divided nations plan to reconvene in Brussels this week in hopes of ironing out disagreements on a proposed agreement with Turkey. Their tentative agreement struck March 7 would allow Greece to return migrants to Turkey as Europe opens new routes for pre-screened migrants to seek asylum legally.

But Turkey demands big concessions from Europe in return, particularly on its long-held dream of joining the EU, an idea viewed with trepidation by many Europeans. Nowhere does mistrust run higher than in neighbouring Cyprus, which has been divided into a Greek Cypriot south and militarized Turkish Cypriot north since 1974.

Cyprus announced Tuesday it has no intention of permitting full negotiations for Turkey's EU membership — a position that could scuttle the whole deal. Each EU member must consent to any deal.

European Council President Donald Tusk arrived in the Cypriot capital, Nicosia, seeking to soothe government nerves over a proposed package that would include renewed negotiations on Turkish EU membership.

Cyprus President Nicos Anastasiades told Tusk his government would not concede on this key point. He called EU pressure seeking Cypriot acquiescence on the matter "unwarranted, counterproductive and not to mention unacceptable."

Those seeking a deal hope to end the humanitarian crisis on Greece's closed northern border with non-EU member Macedonia, where hundreds of thousands crossed last year but many thousands today remain stuck, often in squalid camps, their progress north blocked by barbed wire and club-wielding police.

THE ASSOCIATED PRESS

A child eats a croissant as migrants queue for food at a makeshift camp at the Greek-Macedonian border on Tuesday. AFP/GETTY IMAGES

Loblaws slips on ketchup

FOOD

Outcry forces supermarket to restock French's

Jessica Smith Cross
Metro | Toronto

A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup. Thousands turned their social media pitchforks on Loblaws, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes — suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep unease about the future of manufacturing, one expert said.

"We're used to thinking about a brand in simple attributes — maybe it tastes good and it doesn't cost a lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

EMPLOYMENT INSURANCE

Jobless kept waiting

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

The average wait time was 39 days nationwide and in Alberta, which has been hard hit by the slumping price of oil.

Waiting to hear back from employment insurance processing agents was equally frustrating: The documents show agents returned calls within five days just under 60 per cent of the time.

The numbers were released in response to a written question from NDP employment critic Niki Ashton.

THE CANADIAN PRESS

REAL ESTATE

Vancouver, Toronto help to drive home prices up

The Canadian Real Estate Association raised its outlook for home sales this year as the Vancouver and Toronto markets continued to charge ahead of expectations in contrast to other cities.

CREA said Tuesday it had expected the market to cool this year with smaller price gains in B.C. and Ontario.

"However, many of the defining themes among Canadian housing markets last year have persisted, and in some cases intensified, in early 2016," it said in its updated forecast.

CREA said it now expects sales this year to grow by 1.0 per cent compared with earlier expectations of a 1.1 per cent contraction.

"Canadian resale housing market trends this year are expected to resemble those apparent in 2015, with very tight supply leading to strong price gains in British Columbia and Ontario — particularly in the Lower Mainland and in and around the Greater Toronto Area," the forecast said.

"Price gains in these regions are expected to continue to stand in sharp contrast to moderate price declines among housing markets whose prospects are closely tied to oil and other natural resource prices."

B.C. and Ontario are expected to drive the national average price up eight per cent to $478,100 in 2016, according to the forecast.

THE CANADIAN PRESS

market minute

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metro VIEW

Your essential daily news

Wednesday, March 16, 2016

BURIED
University of Illinois researchers estimate only nine per cent of today's threatened mammals will **show up in the future fossil record.**

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone so selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror.

Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelled into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding director of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both attackers in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How to we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

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Twitter reacts to news that Harrison Ford, 73, will reprise role in fifth Indiana Jones movie

Patak heiress's new cookbook

INTERVIEW

Second book remixes Indian classics for new generation

Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujurat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W. Garfield Weston.

Anjali Pathak challenges culinary stereotypes.

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is The Indian Family Kitchen: Classic Dishes for a New Generation, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio Flavour Diaries). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamon, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."

Metro's Emina Gamulin was most successful with this dish: "It tastes amazing, even reheated at the office, and presents beautifully," she says. Find the recipe for Tiger Shrimp with Lime, Ginger and Mustard Seeds on page 34 of Pathak's book (inset). ALL PHOTOS CONTRIBUTED

Pad out Thai repertoire with authentic recipes

Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED

NEW COOKCOOK

A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, Hot Thai Kitchen, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

Ingredients:

- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

Directions:

1. In a small skillet over low-medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle simmering for 30 minutes or until pork is fork tender.

5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

Kitchen tips:

Galanga-what? Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.

Where do I find lime leaves? You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.

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On the menu with Patal

The baking program at Patal offers students one-on-one attention and is based on theory, and applying that theory to practical situations. Patal's Baking Instructor Red Seal Chrissie Cooke comes to Patal with extensive experience in professional baking, and the students' baking projects show the expertise that she brings to the classroom. To learn more about this program, or to view some of the specialty cakes that were created by the baking students, visit patalvocational.com.

Patal shares a popular bannock recipe.

CONTRIBUTED

DOREEN'S BANNOCK

4 cups flour
40 ml baking powder
1 tsp salt
1 tsp sugar
¼ cup melted lard
1.5 cups warm water
½ cup chopped dried fruit such as dried cranberries

Mix all ingredients except for the water and fruit in a bowl, then mix as you slowly add water until the dough is uniform and round, but not so much water that the dough becomes sticky.

Mix in the chopped fruit, then portion out in to one large flat loaf, about 1 and a half thick. Bake at 350 degrees F for 20 – 25 minutes, until golden brown.

Serve while still warm, with butter and/or jams. Instead of the dried fruit, you can also use nuts, or sautéed onions, or anything you want as long as it is fairly dry. While this recipe uses modern ingredients to improve the flavour, the base is still the same — water, ground wheat, fruit and fat.

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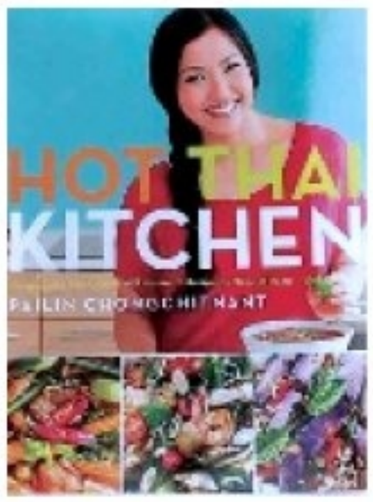

Because you can't think of anything other than pad Thai at the very mention of Thai cuisine, YouTuber-turned-cookbook author Pailin Chongchitnant has written Hot Thai Kitchen, a just-released guide to her country's cooking with recipes for dishes you won't find on a takeout menu.

The book includes chapters on regional variations of Thai cuisine, drink pairings, kitchen tools, techniques, notes on dietary restrictions and allergies, as well as detailed ingredient explainers.

It's a very good primer to Thai cuisine, in addition to being a cookbook.

TORSTAR NEWS SERVICE

HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

Ingredients:

- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

Note: If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left on the skin. Sweet plantains, available at Latin American/Caribbean grocers, also work well — choose ones whose skins have turned at least 60 per cent black so they will be sweet. Regular bananas aren't an option as they turn mushy when fried for a long time.

Directions:

1. Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

2. Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.

3. In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

4. Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

5. Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

6. Let cool just until the coating becomes crisp, then serve immediately.

Note: Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!

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METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA

Irene Kuan
A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.

Rosemary Westwood
Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.

Andres Plana
The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.

HEINZ
375 mL, $3.50

"Overly sweet and sugary" with "not much of a tomato taste."

C

"It's sweet but vinegary. Very normal tasting."

B

"It tasted great, and I liked the texture."

B

FRENCH'S
1 L, $4.19

"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet."

B

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

D

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

C

NO NAME
1 L, $2.69

"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste."

D

"It's super salty."

C

"Not good at all. It's watery and tastes cheap."

D

STONEWALL KITCHEN
488 mL, $9.99

"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste."

A

"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!"

A

"Different, but definitely the best. It has a great flavour with extra seasoning."

A

GRADING SYSTEM **A** = It better be in your fridge at all times! **B** = It's OK. Expect it on your average street meat **C** = Meh... passable. Eat it as fast as you can **D** = You're better off putting dirt on your hot dog

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JOHANNA SCHNELLER WHAT I'M WATCHING

Arnett's cri de coeur for idea of manhood

THE SHOW: Flaked, Season 1, Episode 7 (Netflix)
THE MOMENT: The unmanning

Will Arnett and his man pals have been left behind by the women in Flaked. CONTRIBUTED

Lackadaisical furniture maker Chip (Will Arnett, series co-creator) is losing his studio in Venice, Calif., to his ex-wife Tilly (Heather Graham), a successful actress, and her new lover, a developer. Alicia (Annabeth Gish) escorts him into the developer's office. Her office.

"So you and Tilly are lovers?" Chip sputters.

Alicia rolls her eyes. "I don't get it," she says. "Tilly sticks up for you all the time. She just refuses to see you for the leech and parasite that you are."

Chip rises. Alicia offers to walk him out. "Don't bother, sweetheart," he says. "You know what I don't get? Why you people won't take me seriously."

At first, this series seems pretty shaggy. Chip and Dennis (David Sullivan) go to AA meetings, bike around Venice, chase after the same waitress. But slowly, Arnett's intentions become clear.

The first clue is the shorts. All the guys wear them; you can count the appearance of long pants on one hand. There's Tilly's house, a sleek fortress staffed by beautiful women who baffle Chip because they won't flirt with him. There's Dennis's mom (Kirstie Alley), who alarms him because she's still sexual in her 60s.

But when Chip calls Alicia "sweetheart," it adds up: Arnett is driving a final nail into the coffin of male significance. Chip — even his name is slight — and his man-child pals are irrelevant; the women in their lives have passed them by.

Chip doesn't understand why "you people" don't "take him seriously." Arnett hears a cri de coeur for manhood.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CONTRIBUTED

The Park Theatre: A 'Winnipeg institution'

South Osborne venue hosting Metal Fest

It's not easy to win over Winnipeg's discerning audience, but Erick Casselman and his staff at the Park Theatre have carved out a space for themselves on Osborne Street. The trick? Park is a venue chameleon, a place where everyone from comedy to death metal fans can feel at home.

"Erick has done such an amazing job in transforming that place," Cory Thomas says of Park owner Erick Casselman. For the second year in a row, Thomas will be organizing Manitoba Metal Fest at the Park on April 15 and 16.

Before that, Metal Fest took place at the Zoo, which has since closed. Thomas said that although there was some resistance in moving over to what used to be a café, the Park has become a destination for all entertainment-lovers.

"It's my favourite venue to work with now," he says. "Erick gutted the lobby and made it look like a bar and it just feels like a venue now, it doesn't feel like a coffee house. I've done probably 50 shows there for the last six, seven years and people are starting to feel like it's the new venue… The Park feels like a Winnipeg institution because a lot of bands play there now and it's becoming a new home for music."

And yes, that music does include the normally underground metal scene. Thomas said metal fans are in their element with the minimal lighting and decor, and of course the Park stage is one of the most theatrical in the city.

This year's Metal Fest will be headlined by Florida band Terrorizer, known as a pioneer of grindcore, and a special appearance by Winnipeg band Immortal Possession, who are reuniting for the event.

"I'm going to feel like I'm 12 all over again because they were the first metal band I saw in the '80s," Thomas says. "Friday is the extreme stuff, and Saturday is more of the melodic folky metal. There's something for everyone… it's all forms of metal, thrash metal, death metal, speed metal."

For more info, find Manitoba Metal Fest on Facebook.

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Prepping your car for spring

MAINTENANCE

A few boxes to tick off to get ready for the season of sun

Eoin Weldon

CHECKLIST

- Get a check up
- Replace wiper blades every six months
- Repair any paint damage to avoid patches worsening over time
- Get brakes tested
- Get an oil change

Lengthen your car's lifespan with some spring maintenance. ISTOCK

The imminent arrival of spring should have car owners thinking about prepping their vehicles for the long days of sunlight ahead. Seasonal maintenance is key if you plan to keep your vehicle in prime condition for many years to come.

To accomplish this there are a number of boxes to be ticked each time winter rolls into spring.

"Seasonal maintenance schedules vary from manufacturer to manufacturer," says Don McKee, manager of Integra Tire Auto Centre in Winnipeg. "When you talk about regular folks who don't follow a rigid manufacturers' schedule, the spring and fall season is a fairly comprehensive look over the vehicle. We examine engine belts and hoses, tire pressure and fluid levels among other things. We also recommend an annual brake check."

To start, your winter tires will have to come off, but not until the temperatures start to hit over 7 C. Part of the reason for this is that the rubber compound of winter tires is softer, which means a warm road will wear them down quicker.

"We recommend the end of March," McKee says. "We all remember the storms that come along in the latter part of March so if you have winter tires it's nice to have them on if you get caught in one of these storms."

For those who use all-season tires, they will need to undergo a thorough inspection. Find the tread indicators on your tires and assess whether or not they need replacing.

Additionally, search for sidewall bulges and worn patches that could mean your tires need to be aligned properly.

Your vehicle's undercarriage will also require some attention. Salt and dirt lodged in crevices can corrode away at your vehicle over time and lead to expensive suspension damage so ensure that you power hose this area annually.

If you genuinely aim to lengthen your car's lifespan it is wise to have your vehicle checked once or twice a year. Not only will it maintain your vehicle's health it will also make it safer in the long run.

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metro DRIVE
Your essential daily news

Goodyear presents 3-D-printed spherical tire

Kicking it up more than a notch

REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada

When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6.

Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last year's model was its nine-speed automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

> **My car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.**

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)
Transmissions. Nine-speed automatic
Price. $25,395 (base), $40,265 (as-tested), plus destination

COOL FEATURES

- Active grille shutters
- Blind spot monitoring with cross-traffic alert
- Heated, ventilated front seats
- 8.4-inch touchscreen
- Heated steering wheel
- High-intensity headlights with LED fog lights

CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The available AWD runs primarily in front-wheel but distributes power to the rear when needed, and disconnects when not required for better fuel efficiency.
- The 200 can be optioned up to considerable luxury, including adaptive cruise control, self-parking, and panoramic sunroof.

MARKET POSITION

- Although Chrysler said it will now focus on larger vehicles, the 200 and smaller Dodge Dart aren't being immediately dropped. They will live out their life cycle for about 18 months and be replaced with other products.

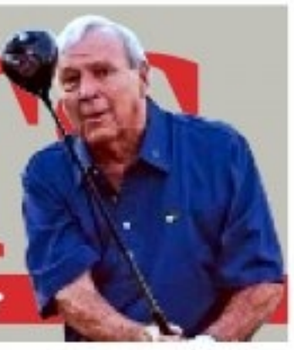
THE COMPETITION

Ford Fusion
Base price: $23,249

Nissan Altima
Base price: $23,998

Honda Accord
Base price: $24,150

metro SPORTS



Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year

IN BRIEF

GMs content with effect of Rule 48 on head hits

NHL general managers say a rule designed to curtail hits to the head is working as intended.

The NHL implemented Rule 48, which penalized illegal checks to the head, nearly five years ago. It was added to curtail a then-rising tide of dangerous hits, particularly from the blind side, amid a sporting climate that has become increasingly sensitive to concussions. The league's general managers sought to address Tuesday whether the rule was working effectively or needed tweaks.

"The consensus for our group was we're comfortable with the way the rule is and not looking to make any changes," Tampa Bay Lightning general manager Steve Yzerman said.

THE CANADIAN PRESS

Nylander decision due

Maple Leafs GM Lou Lamoriello would neither confirm nor deny the team's plans for William Nylander. But it appears increasingly likely that they will exercise the first year of the 19-year-old's entry-level contract sometime soon. Nylander was expected to play his ninth NHL game on Tuesday night against Tampa. His entry-level contract would kick in once he plays 10 games, an important consideration in today's salary cap world.

Under that scenario, Nylander would be due his second NHL contract in the summer of 2018.

THE CANADIAN PRESS

No more net gains as goalies slim it down

NHL

League says more scoring chances not the objective

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here." Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among others, would like the goaltending position to be more about skill and less about the puck simply caroming off enormous equipment.

Typical attire seen here on **Canada's top goalie Carey Price of the Canadiens** is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much grey area previously to enforce the rule effectively.

> **If it takes a little more skill to play the position so be it.**
> NHL's Kay Whitmore

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it.'"

"If you cheat, you pay the price," Montreal general manager Marc Bergervin said. "If we all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goaltending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season. THE CANADIAN PRESS

CURLING

Carey's dreams fulfilled

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy.

Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask. The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old, I don't know how to phrase it any better than that," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds, on Feb. 28. "My first dream was to represent my province and I didn't achieve that until I was 29.

"To then turn around two years later and wear the Maple Leaf, which was always the ultimate dream, is beyond words."

Carey was born in Winnipeg and represented Manitoba in national competition until the 2014-15 season when she moved to Edmonton. In the spring of 2015 she moved south to Calgary, taking over as skip for two-time Canadian women's champion Heather Nedohin's rink. With Carey at the helm that team won the Alberta playdowns and went on to win national honours at the Tournament of Hearts.

That run of success is what has led Carey, third Amy Nixon, second Jocelyn Peterman, lead Laine Peters and alternate Susan O'Connor to Swift Current and a shot at a world championship. But Carey cautions fans the competition will be tough.

"The world has come on very strong and you can see that from the bit of a drought we have from gold medals," she said.

THE CANADIAN PRESS

Chelsea Carey THE CANADIAN PRESS

CFL

Bruce will continue concussion fight

Arland Bruce's concussion lawsuit against the CFL is "far, far, far from over," the former receiver's lawyer said Tuesday.

Robyn Wishart said an appeal is in the works after B.C. Supreme Court Justice Christopher Hinkson dismissed the suit against the league, former commissioner Mark Cohon, neuroscientist Dr. Charles Tator, the Canadian Football League Alumni Association and every team in the league.

Bruce claimed the defendants downplayed the effects of repetitive head trauma and misrepresented player safety issues about concussions.

In a written ruling Friday, Hinkson said the issues raised in the lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association and must be resolved through their processes, not the courts.

"The appeal is going to be based on the fact that the CFL Players' Association is not the exclusive bargaining agent for the players," Wishart said.

Former CFL star Arland Bruce.
THE CANADIAN PRESS

According to the suit, Bruce was knocked unconscious and suffered a concussion while playing for the Lions in September 2012. He reported fogginess, headaches, sensitivity to light and sound, memory loss, confusion, dizziness, anxiety and personality changes, according to the lawsuit.

Court documents alleged he was permitted to return to play in November of that year and then again for the Alouettes in the 2013 season despite still suffering from the effects of concussion. The CFL should have intervened and prevented Bruce from returning to the field, the lawsuit claimed.

Bruce alleged that he has suffered permanent disability, and his head injury will continue to cause earnings loss along as well as the loss of enjoyment of life. THE CANADIAN PRESS

IN BRIEF

Madrid and City advance

Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout on Tuesday to reach the quarterfinals of the Champions League for the third straight season. Juanfran scored the decisive penalty after Luciano Narsingh hit the crossbar for the Dutch side.

Manchester City made it to the quarterfinals for the first time after a 0-0 draw with Dynamo Kyiv but progress was marred by injuries to Vincent Kompany and Nicolas Otamendi.

THE ASSOCIATED PRESS

RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

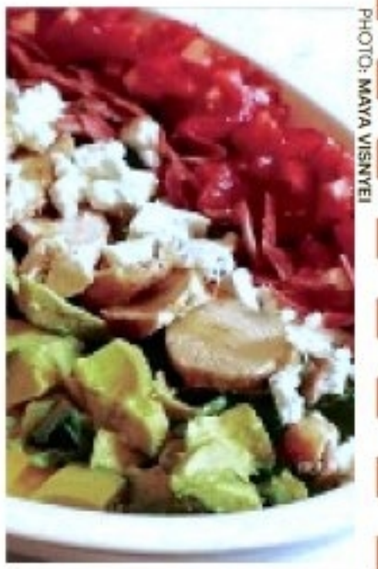


PHOTO: MAYA VISNYEI

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients
- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2- inch dice
- 2 chicken breasts

For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

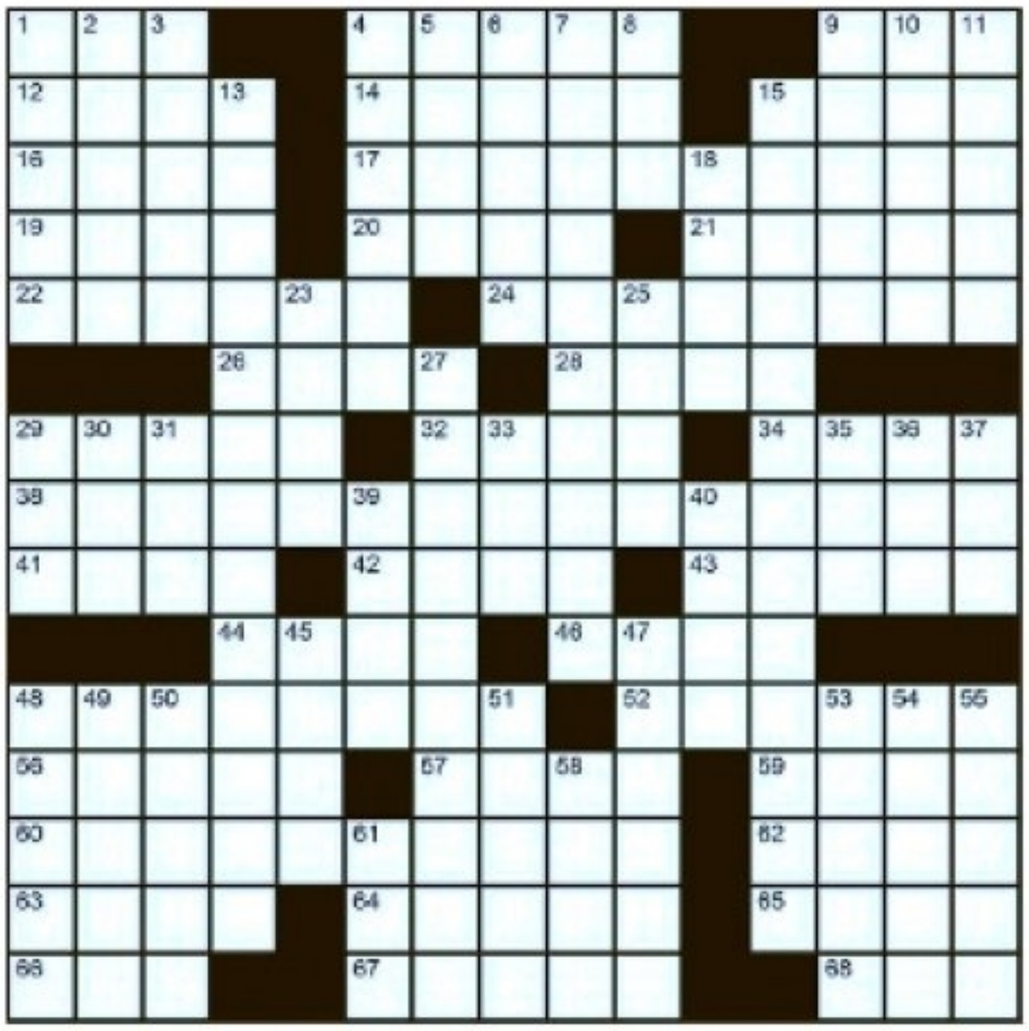
4. Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Global currency org.
4. "For __ Know" by The Carpenters
9. Drummer Mr. Starkey
12. Salad alternative
14. Coup _'__ (Quick look)
15. Donned
16. Title of Rihanna's latest album
17. Bodybuilding title: 2 wds.
19. Big deals
20. "__ No Sunshine" by Bill Withers
21. Singer Mr. Neville
22. Agree
24. Bangle bauble
26. Flush
28. Rocker David Lee
29. Poetry
32. __ iris (Rainbow, in Spain)
34. Biblical twin
38. Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
41. Baby __ (Nestle chocolate bar)
42. Buzz Aldrin's famous employer
43. Stoppages
44. H.G. Wells frugivores
46. Chase, police car style
48. Makes certain
52. Sweater styles
56. _,__ ('Dine in the Dark' restaurant in Toronto and Montreal)
57. Work __ solution (Solve the problem)
59. "Full Metal Jacket" (1987) actor, _. __ Ermey
60. Music style for Liverpool band Gerry and The Pacemakers
62. ___ (Precisely)
63. Rock venue pit
64. __ lot (Enjoys the buffet)
65. Quite
66. Noah's boat
67. More humorously ironic
68. English novelist Mr. Lawrence, et al.

DOWN
1. Oscar __, "Star Wars: The Force Awakens" (2015) actor
2. World, in Rome
3. Loft furniture piece
4. From Sea to Sea: 'A Mari Usque __ __' (Canada's motto)
5. Ms. Singer
6. "MasterChef Canada" judge, Alvin __
7. Packed away garb in Spring: 2 wds.
8. High Priest in the Old Testament
9. 'Z'-marking swordsman
10. Torching crime
11. Carolyn __ (Name behind 'Nancy Drew' stories)
13. Astrological sign/symbolism: 3 wds.
15. 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
18. Extensive
23. Iris spot
25. Werewolf's light
27. Vancouver Island treat: 2 wds.
29. TV hookup, once
30. Montreal faucet liquid
31. __. card (Gradeslister)
33. Li'l campground sights
35. Mr. Mineo
36. Pertinent
37. Increases
39. Q. "Excuse me, where's the surgeon?" A. "She's __ __ right now."
40. "The __ Red Line" (1998)
45. Read: French
47. Computerized human
48. Pausing punctuation
49. Just __ __ two (Not as many as three)
50. 'Norwegian', in Norway
51. Fatty, as some meat
53. Sky's white cotton candy
54. Mike Hammer portrayer Stacy
55. Mr. Rogen's
58. Zap
61. Archery wood

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					9	6	8	3
	1	8		6			2	
	2		7			5		
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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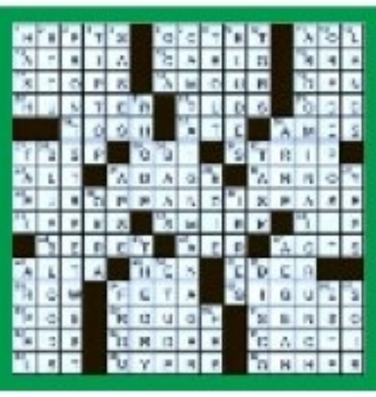

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8	2	3	9	5	1	7	6	4
4	6	9	8	2	7	5	3	1
5	3	6	4	1	8	9	7	2
7	9	4	3	6	2	1	8	5
2	8	1	5	7	9	3	4	6

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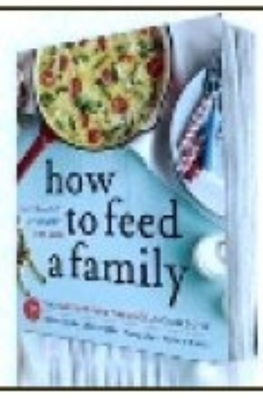

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